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OLD FASHIONED FAMILY RECIPES

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This book is dedicated with love to my Grandmother Helen, my Aunt Clarice, and my cousin Deann who all died in a house fire many years ago. Fond memories of all the good times we shared will be in my heart forever.

APPETIZERS, BEVERAGES, DIPS & MISC.

RUSTY'S AVOCADO CHEESE DIP

1 avocado, peeled and cut into small pieces
1 (3 oz). Package of cream cheese
1 Tbsp. lemon juice
1-2 garlic cloves, peeled and cut into pieces
Salt (season to taste)

Blend ingredients until smooth. Refrigerate and chill then serve with crackers or corn chips

TINA'S GOOD OLD FASHIONED CHIP DIP

1(8 oz). package of cream cheese
2 tsp. ketchup
2 tsp. mustard
6 tsp. of milk (more if needed)
 $\frac{3}{4}$ tsp. Worcestershire sauce
1 Tbsp. salad dressing
Diced onion (season to taste)

Blend all ingredients until creamy.

RUSSELL'S MEAN TACO DIP

1 lb. lean hamburger
1 package taco mix
2 cans cheddar cheese soup
 $\frac{1}{2}$ cup milk

Cook hamburger and drain thoroughly. Mix in taco mix. Add soup and milk then cook over medium burner for 10 minutes. Use tortilla or corn chips for dipping

CHARLIE'S CHILI CHEESE DIP

2 lb. Hamburger
2 cans chili (with or without beans according to taste)
2 lb. Velveeta TM

Cook all ingredients on low, stirring often. Serve with tortilla or corn chips.

UNCLE HARRY'S SEAFOOD BLENDER DIP

- 1 (8 oz.) package cream cheese
- 1 small can of shrimp
- 1 cup mayonnaise
- 3 Tbsp. lemon juice
- $\frac{3}{4}$ cup celery

Blend all ingredients together in blender until well blended. Chill and serve with your favorite snack cracker.

AUNT KAREN'S FRUIT DIP

- 1 $\frac{1}{3}$ cup sour cream
- $\frac{1}{2}$ cup whipped topping
- 2 Tbsp. sugar
- 1 tsp. cinnamon
- $\frac{1}{4}$ tsp. nutmeg

Mix thoroughly and chill. Serve with your favorite fruit.

MARILYNN'S SPINACH DIP

- 1 envelope vegetable soup mix
- 1 container (8 oz.) regular or light sour cream
- 1 cup regular or light mayonnaise
- 1 package (10 oz.) frozen chopped spinach, thawed and squeezed dry
- 1 can (8 oz.) water chestnuts, drained and chopped (optional)

In medium bowl, combine all ingredients; chill for at least 2 hours. Serve with crackers, corn chips or tortilla chips.

SALSA

Peel 6 medium tomatoes. Put tomatoes in a pot of boiling water for approximately 30 seconds and remove with a slotted spoon. Let tomatoes cool in chilled water then remove the skin. Place 1 medium sized chopped onion, 2 cloves minced garlic, 1 tsp. olive oil, 1 tsp. sugar, 2 green chilies (diced), (may also substitute with 1 small can drained green chilies), the juice of 1 lime and 2 Tbs. freshly chopped cilantro. Using the food processor, blend until coarsely chopped. Salt and pepper to taste. Serve with tortilla chips

BEST PARTY MIX

½ cup (1 stick) butter or margarine (melted)
1 ¼ tsp. seasoned salt
4 ½ tsp. Worcestershire sauce
2 2/3 cups corn squares cereal
2 2/3 cups wheat squares cereal
2 2/3 cups rice squares cereal
1 cup salted mixed nuts

Preheat oven to 350 degrees. Use a 15 x 10 x 2 inch baking pan. Put melted butter in pan. Stir in seasoned salt and Worcestershire sauce. Add the cereals and nuts slowly, stirring until all pieces are coated. Bake for 20 to 25 minutes, stirring every 10 minutes. When done, spread on paper towel to cool then store in an airtight container.

NACHOS

12 corn tortillas
1 1/2 cup cooked pinto beans
1 cup salsa
1 cup minced sweet red peppers
1/2 cup shredded Monterey Jack cheese

Cut tortillas into quarters. Place the pieces on a baking sheet and bake at 400 degrees for about 5 minutes until crisp but not brown. Cool for a few minutes. Coarsely mash the beans then spread the beans on the tortillas and return the wedges to the baking sheet. Dot with the salsa. Sprinkle with the peppers and cheese. Bake for about 3 minutes until the cheese melted. Best if served warm.

THE BEST EVER WEDDING PUNCH

6 packages of lemon-lime flavored drink mix (unsweetened)
2 (12 oz.) cans frozen lemonade
1 large can grapefruit juice
1 large can pineapple juice
1 qt. gingerale
12 qt. water
5 cups sugar

Mix together. Serves up to 75 guests.

GRANDPA'S ORANGE EGGNOG

3 cups heavy cream
2 cups milk
5 Tbsp. honey
6 eggs, seperated
1 cup orange juice
Grated rind of one orange
Nutmeg

Beat egg yolks and honey together. Add one cup of cream and the milk and continue beating. Add the orange juice slowly to prevent curdling. Whip the remaining 2 cups of cream. Fold into orange mixture. Beat the egg whites until soft peaks form, then add two Tbsp. of honey. Beat again until honey is mixed with into egg whites. Fold into eggnog. Garnish with the grated orange rind and the nutmeg. Serves 16

DANNY'S SURPRISE MILKSHAKE

1 cup milk
1 egg
1 banana
1 Tbsp. peanut butter
1 Tbsp. honey
½ tsp. vanilla

Pour all ingredients into blender and blend on high speed for 30 seconds.

SOUPS, SALADS AND SAUCES

THICK AND CREAMY POTATO SOUP

1 medium onion, finely chopped
10-12 large potatoes, peeled and diced
Water
3 cans cream OR 3 cups milk (cream makes the soup thicker and creamier)
2 tablespoons butter
Salt and pepper to taste

Add potatoes, onions and just enough water to cook. Season with salt. Bring to a boil; cover and reduce heat to low. Simmer until potatoes are tender, about 15 minutes. Add the cream or milk, butter, salt and pepper to taste. Continue to cook over medium heat until hot.

For a heartier soup, add dumplings while potatoes are cooking (Recipe below)

DUMPLINGS

2 cups flour
1 tsp. salt
5 tsp. baking powder
 $\frac{3}{4}$ cup milk

Combine dry ingredients and mix thoroughly. Stir in milk. Drop mixture from spoon into liquid. Boil with soup.

OLD FASHIONED BEAN SOUP

1 pound dried Great Northern beans (may also use lima beans)
Water
1 lb. ham cut into chunks
2 large garlic cloves, minced
1 teaspoon sage
1 bay leaf
Salt and pepper to taste
1 large onion, chopped

Use large stock pot. Add beans and enough water to cover by 2-inches. Bring to a boil and boil for 2 minutes. Remove from heat; cover and let stand for 1 hour. Drain all liquid. Return beans to pot. Add ham, onion 8 cups water and seasonings; bring to a boil. Reduce heat, cover and simmer for 2 hours, checking occasionally for water. Remove bay leaf. Cook for 1 hour more at a simmer. Season to taste. To add variety during the last hour of cooking add the dumplings recipe that's listed above.

OLD TIME VEGETABLE SOUP

2 pounds lean ground beef
1 large onion, diced
Salt and pepper to taste
Garlic powder or dried minced garlic to taste
Oregano to taste
1 large can of tomato juice
1 can (14.5-ounces) chicken broth
1 can (15.5-ounces) whole tomatoes, broken up, with juice
1 package onion soup Mix
2 packages (16-ounces each) frozen mixed vegetables
2 cans (15-oz.) whole kernel corn
2 cans (15-oz.) peas
2 cans (15-oz.) green beans
2 cans (15-oz.) carrots
1 can (15-oz.) lima beans

Brown the ground beef, chopping it as you are cooking it. Add onions and sauté about 2 or 3 minutes. Drain any excess fat from meat. Use very large stock pot. Add hamburger and onions. Season with salt, pepper, garlic and oregano. Add broth, tomato juice and tomatoes; bring to a boil and add the onion soup mix. Stir well. Add the remaining vegetables; bring back to a boil. Reduce heat to low, cover and cook about 30 minutes. Season to taste.

CHARLIE'S CHILI WITH FLARE

3 lbs. lean hamburger
1 large onion
Chili beans (as many or as few as you like)
1 large can tomato juice
2 (15 oz cans) whole kernel corn
Garlic (your choice of powder, minced or garlic cloves) use to taste
Salt and pepper
Chili Powder (to taste) or chili seasoning mix (1 packet).

Brown hamburger and cook onions at same time. Drain thoroughly. In large pot add hamburger and onions, chili beans, tomato juice, corn, garlic, salt, chili powder or seasoning mix and cook over medium heat until hot. Let simmer for 30 minutes longer. Serve with crackers.

AUNT MARTHA'S POTATO SALAD

4 cups potatoes
4 eggs
2/3-cup celery (diced into small pieces)
1 medium onion (diced into small pieces)
1/2 cup sweet relish
3/4 cup mayonnaise
1 Tbsp. horseradish
2 Tbsp. mustard
1/4 cup pimentos (optional)

Boil potatoes and eggs. Remove eggs from shells. Chop into small pieces while still hot. Stir in mayonnaise, horseradish, mustard, onion, celery, relish and pimentos (if desired).

AUNT ANNA'S TERRIFIC EGG SALAD

1 doz. hard-boiled eggs
2 tsp. prepared mustard
1/4 cup grated onion
1 tsp. salt
1/2 cup mayonnaise
1 Tbsp. milk

Finely chop the eggs and add the other ingredients. Mix well and chill. For creamier egg salad add more mayonnaise or 1/4 cup melted butter.

GRANDPA'S EASY TUNA SALAD

1 small can tuna (6 oz.)
1/4 cup grated onion
1/2 cup mayonnaise
5-6 boiled eggs
Salt & pepper to taste

Remove the boiled eggs from shells. Use a fork to mash egg into tiny pieces. Remove liquid from tuna. Add tuna to eggs along with the other ingredients. Mix well. Chill. Serve on bread, toast or crackers.

GRANDMA'S FAMOUS SAUCES

GRANDMA'S ALL PURPOSE WHITE SAUCE

Melt 2 tablespoons butter in a saucepan over low heat. Mix in 2 tablespoons of all-purpose flour, $\frac{1}{4}$ teaspoon salt and a dash of white pepper. Add 1 cup milk and cook quickly, stirring constantly. Remove sauce from heat when it bubbles.

For a thicker white sauce add 1 tablespoon butter and 2 tablespoons all-purpose flour.

CHEESE SAUCE

Add cheese to the white sauce above. 1 cup white sauce + 1 cup sharp cheddar cheese makes 1 $\frac{1}{2}$ cups sauce.

BROWN SAUCE

Melt 1 $\frac{1}{2}$ tablespoons butter then add 1 $\frac{1}{2}$ tablespoons all-purpose flour. Cook over low heat stirring continuously until browned. Stir in 1-10 $\frac{1}{2}$ ounce can condensed beef broth plus 6 ounces of water. Bring to boil and cook 4-5 minutes. Reduce heat and simmer for 30-minutes, stirring occasionally. Makes about 1 $\frac{1}{3}$ cups brown sauce.

FAST AND EASY HOLLANDAISE SAUCE

Combine $\frac{1}{4}$ cup sour cream, $\frac{1}{4}$ cup mayonnaise, $\frac{1}{2}$ tsp. prepared mustard and 1 tsp. lemon juice in a saucepan. Cook over low heat stirring constantly until thoroughly heated. Makes $\frac{1}{2}$ cup sauce.

CASSEROLES & MAIN DISHES

CHICKEN AND VEGETABLE CASSEROLE

- 2 chicken breasts, halved
- 4 carrots, quartered
- 1 cup pearl onions
- 2 stalks celery, large pieces
- 2 potatoes, peeled, quartered
- $\frac{1}{4}$ cup chicken broth
- 1 (10-) can cream of mushroom soup
- $\frac{1}{2}$ cup skim milk
- $\frac{1}{4}$ teaspoon dried leaf thyme
- $\frac{1}{8}$ teaspoon sage, Ground
- 1 bay leaf

Preheat oven to 350 degrees. Rinse chicken and pat dry. Heat a medium size no stick skillet over low heat; spray lightly with vegetable spray. Add chicken and cook quickly until browned on both sides. Remove chicken to a medium size shallow casserole dish. Add vegetables to casserole. In a small bowl combine broth, soup milk, thyme, sage and bay leaf; pour over chicken and vegetables. Bake, covered for 1 hour or until tender.

MEXICAN CASSEROLE

- 2 lb. ground beef
- 1 onion (medium sized) diced
- 1 small bottle taco sauce
- 1 can refried beans
- 1 (1lb) can tomatoes
- Salt & pepper to taste
- 1 $\frac{1}{2}$ cup grated cheddar cheese
- 1 $\frac{1}{2}$ cup crushed tortilla chips

Brown the ground beef and drain. In large mixing bowl, mix ground beef, onions, taco sauce, refried beans, tomatoes, salt and pepper. Pour into a 10 X 13 inch casserole dish. Top with the grated cheddar cheese and chips. Bake at 325 degrees for 45 minutes.

LARRY'S CHILI BEEF CASSEROLE SUPREME

1 lb lean ground beef
1 medium sized onion (chopped)
2 tsp. seasoned salt
½ tsp. pepper
1 can corn (drained)
1 can kidney beans (drained)
1 (8oz.) can tomato sauce
1 cup crushed corn chips
½ cup chopped celery
1 ½ tsp. chili powder

Brown ground beef, with onion and celery until tender. Drain. Pour ground beef, onions and celery into casserole dish. Add the remaining ingredients except the corn chips and mix well. Bake at 350 degrees for ½ hour. During the last 15 minutes of cooking, top with the crushed corn chips.

RED CABBAGE CASSEROLE

6 cups red cabbage (shredded)
1 Tbsp. melted margarine
½ cup chopped onion
1 large apple
2 Tbsp. honey
2 Tbsp. cider vinegar
½ tsp. pepper
½ tsp. caraway

Put the shredded cabbage into a bowl of cold water for 5 minutes. Heat the margarine in a deep 3 quart casserole in the microwave for 1 ½ minutes. Stir in onion and microwave for a minute longer. Core apple and cut into 8 sections without peeling it. Add the apple and the drained cabbage to the casserole dish. Add vinegar, caraway, honey and pepper and stir well. Cover and microwave 7 minutes stirring twice during cooking time.

GREAT GRANDMA'S DELICIOUS CORN BREAD CASSEROLE

- 1 can whole kernel corn (drained)
- 1 can cream styled corn
- 1 package (8 ½ oz.) cornbread muffin mix
- 1 egg
- 2 Tbsp. butter (or margarine)
- ¼ tsp. garlic powder
- ¼ tsp. paprika

In a large bowl, combine all the ingredients. Pour into a greased 11 in. x 7 in. x 2 in. baking dish. Bake uncovered at 400 degrees for 25 to 30 minutes or until top and sides are golden brown.

MACARONI & CHEESE CASSEROLE

- 2 cups cooked macaroni
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 cup milk
- 1/3 cup diced pepper (red or green)
- 1/3 cup diced onion
- 1 cup grated soft processed cheese

Mix ingredients and put in a 9x13-baking dish. Bake at 350 degrees till hot.

UNCLE BEN'S EASY CHICKEN CASSEROLE

- 4 boneless and skinless chicken breasts
- 1 onion, chopped
- ¾ cup melted butter
- 1 1/3 cups water
- 6 ounces dry bread stuffing mix
- ¼ cup water
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 cup shredded Cheddar cheese

In a no stick skillet sauté the chicken and the onion until the chicken is completely cooked and onion is tender. Preheat oven to 350 degrees. In a medium bowl, blend the butter, water and stuffing mix. In a 2 quart dish layer half of the chicken, all of the stuffing, and the rest of the chicken. Mix the ¼ cup of water with the soup and pour over everything in the dish. Top with the cheese then bake uncovered in the preheated oven for 30 minutes.

SUSAN'S BROCCOLI CASSEROLE

- 1 (20-ounce) bag frozen broccoli
- 1 (10 ³/₄ oz) can mushroom soup
- 1½ cups grated cheddar cheese
- 2/3 cup margarine
- 1 cup of 4 grain bread flour

Cook broccoli until tender, drain. In saucepan, heat mushroom soup and grated cheddar cheese until the cheese melts. Add the cooked broccoli and stir. Place in baking dish. Melt margarine in pan and add seasoned breadcrumbs. Stir until moist with margarine and put on top of broccoli. Bake at 350 degrees for 25-30 minutes until bubbly.

MACARONI AND CHEESE CASSEROLE

- 1 ½ cups elbow macaroni
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- ¾ teaspoon salt
- 1 dash pepper
- 2 cups milk
- 1 ½ cups sharp cheddar cheese, shredded

Cook macaroni then drain. In saucepan melt butter then stir in flour, salt pepper and add milk. Cook while stirring until thickened and bubbly. Stir in 1 cup cheese until melted. Combine macaroni and sauce in buttered casserole. Sprinkle with remaining cheese and bake in 350 oven for 30 minutes.

GREEN BEAN CASSEROLE

- 1 can French style green beans
- 1 can cream of mushroom soup
- 1 can onion rings

In casserole dish mix beans and soup. Top with onion rings. Heat in moderate oven for 20 minutes.

TUNA NOODLE CASSEROLE

- 1 cup elbow macaroni
- 1 cup chopped celery
- 1/2 cup chopped onions
- 2 Tbsp butter or margarine
- 1 (11 oz) can condensed cheddar cheese soup or 1 (10 3/4-ounce) can condensed cream of mushroom soup
- 3/4 cup milk
- 1 (9 1/4 oz) can tuna, drained and crumbled into chunks
- 1/4 cup chopped pimientos
- 2 Tbsp grated parmesan cheese

Cook macaroni according to package directions and set aside. In a saucepan cook celery and onion in butter or margarine until softened. Stir in soup and milk. Gently stir in tuna, pimiento and the macaroni. Sprinkle with Parmesan cheese and bake at 375 degrees for 25 to 30 minutes or until completely heated.

KEN'S EASY MICROWAVE TUNA CASSEROLE

- 1 box macaroni and cheese
- 4 Tbsp margarine or butter, cut in small pieces
- 1 can cream of mushroom soup
- 1 (6 oz) can tuna fish, drained
- 1 Tbsp lemon juice

Put the macaroni from the box into a microwave safe bowl. Add enough water to cover the noodles (about 2 cups). Cook noodles on high for 10 minutes or until tender then drain. Return the drained noodles, butter or margarine, the contents of the cheese package, entire can of cream of mushroom soup, the lemon juice and the entire can of drained tuna. Heat on high for 1 minute or until hot.

ANN'S SWEET POTATO CASSEROLE

- 3 cups sweet potatoes, cooked and mashed**
- 2 eggs, beaten**
- 1 cup sugar**
- 1/2 cup milk**
- 1/4 cup melted margarine**
- 1/2 tsp vanilla**
- 1/2 tsp salt**

TOPPING

- 1 cup brown sugar**
- 1/3 cup flour**
- 2 Tbsp margarine, melted**
- 1 cup chopped nuts**

Combine ingredients and pour into a 9x13 casserole dish. Combine topping ingredients then pour mixture over potatoes. Bake at 350 degrees for 35 minutes.

EDNA'S CORN CASSEROLE

- 1/2 cup butter, melted**
- 1 (15 oz) can corn, not drained**
- 1 (15 oz) can creamed corn**
- 1 (8 1/2 oz) box Jiffy corn muffin mix**

Mix all ingredients together in a 2 qt. casserole dish bake for 1 hour at 350.

CARROT CASSEROLE

- 2 lbs carrots, sliced**
- 1/2 lb Velveeta cheese**
- 1 stick margarine**
- salt and pepper**
- 1 to 1 1/2 cup cereal crumbs (use your favorite)**
- 1/8 cup butter to use on top of carrot casserole**

Melt margarine and cheese, stirring constantly. Drain cooked carrots then place in a casserole dish. Sprinkle cereal crumbs over top. Dot with butter. Bake at 350 degrees until it's bubbly.

MEAT & POULTRY

UNCLE RALPH'S CHICKEN DELIGHT

- 1 cup uncooked rice
- 1 cup chicken bouillon
- 1 cup milk
- 1 chicken (uncooked)
- 1 package of dry onion soup

Layer ingredients in a baking dish and cover tightly. Cook for 2 ½ hours at 350 degrees.

UNCLE RALPH'S BUFFALO WINGS

- 15 chicken wings (about 2 ½ lb.)
- ¼ cup red hot sauce
- ½ cup melted butter (or margarine)

Split wings at each joint, discarding tips. Pat dry and deep fry for on high for 12 minutes until cooked crispy. Mix hot sauce and butter in skillet. Dip wings and completely cover with sauce. Bake coated wings for 1 hour at 425 degrees, turning half way though baking time.

KRISTA'S BEST ALL TIME MEAT LOAF

- 1 ½ lbs. lean ground beef
- 3 slices soft white bread (torn into small pieces)
- 1 cup tomato juice or milk
- ½ cup onion (finely chopped)
- 1 egg (beaten)
- 1 tsp. salt ¼ tsp. pepper

Mix all ingredients thoroughly. Press into a 9 x 5 x 3 inch loaf pan or shape into a loaf. Score diagonally with handle of wooden spoon. Bake uncovered at 350 degrees for about 1 ½ hours. During last half hour of cooking time smooth some ketchup over the scored top and finish cooking time. Remove from oven after final cooking time and drain off excess fat.

AUNT CONNIE'S LIVER AND ONIONS

1 ½ lbs. sliced beef liver
½ cup flour
2 Tbsp. oil
1 ½ tsp. salt
½ tsp. pepper
1 large onion (sliced)
¼ cup water

Remove skin and large vein from liver. Roll meat in flour to coat. Heat oil in large skillet over moderate heat to brown one side. Turn liver over and season with salt and pepper and cover with onions. Add water and cover skillet with a tight lid. Cook over low heat for about 30 minutes or until liver is tender.

OVEN FRIED FISH FILLETS

2 lbs. fish fillets (fresh or frozen)
½ cup milk
1 tsp. salt
1 ½ cups toasted fine dry breadcrumbs
¼ cup melted oil

Thaw fish if frozen. Cut into 6 portions. Combine milk and salt. Dip fish into the milk and roll in breadcrumbs. Place fish in a single layer with the skin side down on a well greased baking pan. Pour oil over fish. Bake at 500 degrees 10 to 15 minutes, or until fish is browned and flake easily when tested with a fork.

UNCLE DAVE'S ROUND STEAK

2 round steaks (tenderized)
1 can tomato soup
1 can mushroom soup
Flour
Salt and pepper

Flour, salt and pepper the steak. Brown steak in oil. Place in a baking dish. Mix tomato and mushroom soups together and pour over steak. Cover with lid or foil. Bake at 300 degrees for 2 hours or until the steak is tender.

SWEET AND SOUR PORK

1 ½ lbs. lean pork (cut into 2 ½ inch strips)

2 Tbsp. hot oil or shortening

1 chicken bouillon cube

¼ tsp. salt

1 (20oz.) can pineapple chunks

¼ cup brown sugar

2 Tbsp. cornstarch

¼ cup vinegar

1 Tbsp. soy sauce

½ tsp. salt

1 medium green pepper (cut into strips)

¼ cup thinly sliced onions

Brown pork slowly in hot oil. Add 1 cup water, bouillon cube and salt. Mix well. Cover and simmer pork for 1 hour. (or until tender.) Meanwhile drain pineapple and reserve the syrup. Combine the brown sugar and cornstarch. Add the reserved pineapple syrup, vinegar, soy sauce and ½ tsp salt. Cook and stir over medium high heat until thickened and bubbly. Remove from heat and add sauce to pork, mixing well. Stir in pineapple, onion and green pepper, then cook over low heat for 3-4 minutes or until vegetables are tender.

VEGETABLES

SHARON'S YUMMY YAMS

Preheat oven to 350 degrees to get ready.

2 cups yams, cooked till tender
1 Tbsp milk
1 tsp. butter
1 cup chopped pecans
1 cup chopped dates
1 cup mashed bananas
 $\frac{1}{2}$ cup honey
1 Tbsp. orange juice
 $\frac{1}{4}$ tsp. salt

Mash yams with the milk and butter. Beat till fluffy. Add the rest of the ingredients and beat till mixed well. Pour into greased casserole dish. Bake 20 to 25 minutes in preheated oven. Put under broiler to brown the top.

VEGGIE STUFFED POTATOES

4 large baking potatoes
 $\frac{1}{2}$ cup milk
 $\frac{1}{4}$ cup softened butter
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper
 $\frac{1}{4}$ tsp. garlic powder
1 (16 oz.) can mixed vegetables (drained)
 $\frac{1}{4}$ cup shredded cheddar cheese

Wash, then bake the potatoes at 400 degrees for 45 minutes. Slice the top of each potato lengthwise. Scoop out inside, leaving only a thin shell. Mash potato until smooth. Add milk, butter, salt, pepper, and garlic. Beat until fluffy. Fold in the mixed vegetables. Fill the shells with mixture, then sprinkle with the cheddar cheese. Bake on a baking sheet at 400 degrees for 10 minutes or until golden brown.

UNCLE RALPH'S EASY SLICED BAKED POTATOES

4 medium potatoes
1 tsp. salt
3 Tbsp. melted butter or margarine
3 Tbsp. chopped fresh herbs
(parsley, chives, thyme or sage or any of your favorites) OR
3 Tbsp. dried herbs of your choice
4 Tbsp. grated Cheddar cheese
1 ½ Tbsp. Parmesan cheese

Scrub and rinse potatoes and if the skins are tough peel them. Cut potatoes into thin slices but not all the way through. Put potatoes in a baking dish and fan them slightly. Sprinkle with salt and sprinkle melted butter over them. Finish off by sprinkling them with the herbs. Bake potatoes at 425 degrees for 50 minutes. Remove from oven. Sprinkle with cheeses. Bake potatoes for another 10 to 15 minutes until they are lightly browned and cheeses are melted, and potatoes are soft inside, using a fork to test.

TINA'S GRILLED VEGETABLE PACKETS

This is a great vegetable delight for the vegetarian when grilling. Use a variety of your favorite vegetables. Lay out squares of foil so you'll have them ready. Clean potatoes, carrots and any other fresh vegetable you are using. Cut vegetables into bite sized pieces and add a small amount of canned green beans (if desired). Add a pat of butter and Wor

BREAD, ROLLS, PIES & PASTRY

NUT BREAD

3 cups flour
3 tsp. baking powder
1 tsp. salt
2/3 cup sugar
1 cup chopped nuts
2 eggs (well beaten)
1 cup milk
4 Tbsp. melted butter or margarine

Sift flour, baking powder, salt and sugar together, then add nuts. Mix the eggs, milk and shortening together and add to flour mixture, then blend all ingredients. Bake in greased loaf pan at 350 degrees for 1 hour, or until done.

GRANDMA'S DELICIOUS OLD FASHIONED WHOLE-WHEAT BREAD

(makes 3 loaves)

3 cups lukewarm water
2 packages active dry yeast
4 Tbsp. barley malt
7-8 cups whole wheat flour
4 Tbsp. vegetable oil

Put warm water in large bowl and stir in yeast until it dissolves. Add the barley malt. Add 3 cups of whole-wheat flour and beat 100 times by hand or for 2 1/2 minutes with an electric beater. Cover with a towel. Let rise for 20 minutes. Add the oil and flour. The mixture when it is stirred should come away from the sides of the bowl. Turn the mixture onto a lightly floured surface and knead vigorously for 5 to 10 minutes, adding more flour as needed till the dough is smooth, shiny and elastic. In a fresh bowl lightly grease the inside with oil and put in the ball of dough and turn it around so that the surface is coated. Cover and let rise for 1 hour or until it has doubled in size. Oil 3 loaf pans. Punch down the risen dough and divide it into 3 equal parts. Shape into loaves and place in the loaf pans. Cover and let rise for 30 minutes. Preheat oven to 350 degrees. Bake 50 minutes. Turn the loafs immediately and cool on a wire rack.

MELINDA'S BUTTERMILK RAISIN BREAD

3 cups unbleached white flour
2 cups whole wheat flour
2 packages active dry yeast
2 1/2 tsp. ground cinnamon
3/4 cups water
1/3 cup margarine
1/4 cup plus 3 Tbsp. buttermilk
2 eggs (at room temperature)
3 Tbsp. apple juice concentrate (undiluted)
1 1/2 cups golden raisins

Sift together white and wheat flours. In a large mixing bowl put 1 3/4 cups of the flour mixture. Add the yeast and cinnamon, then stir until well blended. In a saucepan, heat the water and margarine to 120 - 130 degrees. remove from heat and stir in the buttermilk. Add the combined liquids to the flour mixture and beat two minutes at medium speed with an electric mixer. Add the eggs and apple juice concentrate and beat two minutes longer. Stir in the raisins, then add enough additional flour to make the dough stiff. Let the dough stand 5 minutes. Then on a floured board knead the dough 5 to 8 minutes. Cover the dough and let rise for 30 minutes. (use the mixing bowl to cover the dough). Divide the dough into halves and shape each into a loaf. Place on baking sheet and brush tops with oil. Let rise for 30 minutes. Preheat oven to 375 degrees. Bake loaves for 15 minutes. Let cool after removing from oven.

COOKIES

RUSTINA'S HEALTHY HONEY WHEAT COOKIES

1 cup honey
1 cup polyunsaturated vegetable oil
2 ½ cups whole wheat flour
1 Tbsp. low sodium baking powder
1 tsp. baking soda
½ tsp. vanilla
2 eggs (beaten)
½ cup milk
½ tsp cinnamon

Mix all ingredients together then drop on a greased cookie sheet by the teaspoonful. Bake for 10 minutes at 350 degrees.

HOLLY'S BUTTER COOKIES

1 cup better or margarine
1 cup granulated sugar
2 whole eggs
3 cups flour
Grated peen of 1 lemon
TOPPING: 1 egg beaten with 1 Tbsp. water
Ground almonds mixed with sugar

Mix butter or margarine, sugar and eggs until smooth. Add the flour and grated lemon peel. Chill dough. Roll thin and cut. Place on buttered cookie sheet. Brush cookies lightly with egg. Sprinkle each with almond sugar mix. Bake at 350 degrees until cookies are done.

JANE'S SUPER FAST PEANUT BUTTER STARS

1 cup sugar
1 cup peanut butter
1 egg
chocolate stars

Mix sugar, peanut butter and egg. Shape into balls and place a chocolate star in the middle of ball and push down to flatten. Bake 2 minutes at 350 degrees.

CHRISTINA'S PINEAPPLE COOKIES

½ cup shortening
½ cup brown sugar
½ cup white sugar
1 egg (well beaten)
½ cup drained crushed pineapple
1 tsp. vanilla
¼ tsp. salt
2 cups flour
¼ tsp. baking soda
1 tsp. baking powder
½ cup broken nuts

Cream shortening with brown and white sugars. Add the egg and pineapple. Mix thoroughly. Add vanilla and salt. Sift flour, salt baking soda and baking powder together. Add to first mixture. Add nuts and mix thoroughly. Drop by spoonfuls onto greased cookie sheet. Bake for 10 minutes at 425 degrees.

PEANUT BUTTER COOKIES

½ cup shortening
½ cup peanut butter
½ cup white sugar
½ cup brown sugar
1 egg
1 ¼ cup flour
¾ tsp. baking soda
½ tsp. baking power
¼ tsp. salt

Cream shortening and peanut butter together then add the egg and both white and brown sugars. Sift dry ingredients together and add creamed mixture. Make into 1 inch balls. Place on ungreased cookie sheet. Flatten with fork using criss-cross method. Bake for 10-12 minutes at 375 degrees.

CAKES & ICINGS

AUNT MARTHA'S MOIST AND DELICIOUS CAKE

- 1 cup butter
- 2 cups white sugar
- 4 eggs
- 2 1/2 cups self-rising flour
- 1 cup milk
- 1 tablespoon vanilla extract

Preheat oven to 350 degrees Grease and flour three 8 inch pans. In a medium sized mixing bowl, cream together butter and sugar. Beat in eggs, one at a time. Combine the milk and vanilla, add the creamed mixture with the flour. Mix only as much as necessary. Pour into the prepared pans. Bake for 15 to 20 minutes in the preheated oven. Cake will pull away slightly from the sides of the pan when done. Allow cakes to cool in their pans for a few minutes before removing to wire racks to cool completely. Use your favorite frosting to add the finishing touch to this cake.

AUNT MARTHA'S PAINTED BIRTHDAY CAKE

- 1 1/2 cups butter
- 2 1/3 cups confectioners' sugar
- 7 egg yolks
- 4 1/2 cups cake flour
- 3/4 tsp salt
- 2 1/2 tsp baking powder
- 1 3/4 cups milk
- 1 1/2 tsp vanilla extract

Preheat oven to 375 degrees. Grease and flour three 8 inch round cake pans. Sift flour before measuring; resift with salt and baking powder a few times. Beat egg yolks until thick and pale, about 5 minutes with a high speed mixer. In a large bowl, cream butter (or margarine) and sugar. Blend in eggs. Fold sifted mixture, alternately with milk, into creamed mixture. Stir in vanilla. Pour batter into the three prepared pans. Bake for 25 to 30 minutes, until cake springs back when touched. Cool in pans for 10 minutes then turn out and cool on a wire rack.

For Frosting use your favorite white icing and fronts entire cake layering icing between cakes. With more white icing mix into several equal parts in small bowls or cups. Add enough food coloring to each part to color using any color you desire. Place the icing in the microwave and microwave on high until frosting becomes very thin. Stir to mix the food coloring into the icing. Drizzle over cake. Repeat with other colors until the cake looks like it has been spattered and drizzled with paint.

UNCLE TED'S BEER CAKE

1 (18.5 ounce) package yellow cake mix
1 (3.5 ounce) package instant vanilla pudding mix
1 cup beer
1/4 cup vegetable oil
4 eggs

Preheat oven to 350 degrees. Combine cake mix and pudding mix in a large bowl. Add the beer and vegetable oil then mix lightly. Add 4 eggs. Beat at high speed until the mixture is thick, creamy and smooth. Pour into greased and floured bundt pan. Bake at 350 degrees for 55 minutes. Cool in pan for 10 minutes, then turn out onto a wire rack and cool completely. Drizzle your favorite frosting over top and sides.

EDNA'S SOUR CREAM COFFEE CAKE

2 cups white sugar
1 cup butter
2 eggs
1 cup sour cream
2 cups all-purpose flour
1 tsp baking powder
1/8 tsp salt
1/2 tsp vanilla extract
1/3 cup all-purpose flour
1/2 cup packed brown sugar
2 Tbsp melted butter
1 tsp ground cinnamon

Preheat oven to 350 degrees Grease 9x13x2 inch cake pan. Cream together 1 cup butter and the 2 cups white sugar. Add the eggs, sour cream, and vanilla. Add 2 cups flour, baking powder, and salt. Spread 1/2 of batter in pan. To make the filling: Mix together 1/3 cup flour, 1/2 cup brown sugar, 2 tablespoons melted butter, and the cinnamon. Sprinkle cake batter with 1/2 filling. Spread second half of batter over filling, then sprinkle remaining filling on top. Bake at 350 degrees for about 35-40 minutes.

MARILYNN'S BANANA PUDDING CAKE

1 (18.5 ounce) package yellow cake mix
1 (3.5 ounce) package instant banana pudding mix
4 eggs
1 cup water
1/4 cup vegetable oil
3/4 cup mashed bananas
2 cups confectioners' sugar
2 tablespoons milk
1 dash vanilla extract
1/2 cup chopped walnuts

Combine cake mix, pudding mix, eggs, water, vegetable oil and banana. Beat with electric mixer for 2 minutes. Pour into a greased and floured bundt pan. Bake in a preheated 350 degrees oven for 50 to 55 minutes or until cake is done. Cool cake on wire rack for 15 minutes. Remove cake from pan and continue to cool on rack. To make glaze: Wisk confectioners sugar, milk and vanilla in a bowl until smooth and thin enough to drizzle. When cake is cooled, drizzle icing over cake with a zigzag back and forth motion. Sprinkle chopped nuts over wet icing if desired.

CHOCOLATE LOVERS CAKE

1/2 cup margarine
1 cup water
2 (1 ounce) squares unsweetened chocolate
2 cups all-purpose flour
2 cups white sugar
2 eggs
1/2 teaspoon salt
1 1/2 teaspoons baking soda
1/2 cup sour milk

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch pan. In a microwave-safe bowl, microwave chocolate, margarine and water until melted. Stir occasionally until chocolate is smooth. Allow to cool to room temperature.

In a large bowl, mix together flour, sugar, salt and soda. Pour in milk and eggs. Mix the cooled chocolate mixture into the batter. Pour into prepared pan. Bake at 350 degrees F (175 degrees C) for 30 to 35 minutes, or until a toothpick inserted into the cake comes out clean.

Frost with your favorite chocolate icing for a truly chocolate lovers delight.

JOAN'S BEST CARROT CAKE

4 eggs
1 ¼ cups vegetable oil
2 cups white sugar
2 cups all-purpose flour
2 teaspoons baking soda
½ teaspoon salt
2 teaspoons ground cinnamon
2 teaspoons baking powder
2 teaspoons vanilla extract
3 cups grated carrots
1 cup chopped pecans (optional)
½ cup butter, softened
8 ounces cream cheese (softened)
4 cups confectioners sugar
1 teaspoon vanilla extract
1 cup chopped pecans

Preheat oven to 350 degrees Grease and flour a 9 x 13 inch pan. In a large bowl, beat eggs. Add oil and gradually add white sugar. Add flour, baking soda, salt, cinnamon, baking powder, and 2 teaspoons vanilla. Mix. Stir in the carrots, and add pecans. Pour into prepared pan. Bake for approximately 40 minutes. Remove from pan. Cool on a wire rack. For frosting: In a medium mixing bowl, combine butter or margarine, cream cheese, confectioners sugar, and 1 teaspoon vanilla. Mix until the mixture is smooth and creamy. Stir in chopped pecans (if desired). Frost the cooled cake.

DESSERTS

CINDY'S CHERRY PUDDING

1 cup flour
1/2 cup sugar
1 teaspoon baking powder
1/8 tsp. salt
1 tsp. melted butter or margarine
1/2 cup milk

Mix all the ingredients thoroughly and place in well greased, deep bread pan. (4 x 8 inches)

Then mix together:

1 cup canned cherries (drained)
1 cup sugar
1/2 cup hot cherry juice
1 tsp. melted butter

Place cherry mixture on top of batter and bake in a hot oven (400 degrees) for 40 to 45 minutes. The dough will rise up through cherries.

EASY CHERRY PUDDING

1/2 cup margarine
1 cup flour
1 cup sugar
2 tsp baking powder
3/4 cup milk
1-1 lb can pitted cherries with syrup
1/2 cup sugar

Melt the margarine and place in a baking pan. Mix the flour, 1 cup sugar, baking powder and milk together. Pour on top of the melted margarine. (Don't mix.) Pour the cherries with the syrup over the flour and milk mixture. (Don't mix.) Sprinkle the 1/2 cup sugar over everything and bake in a 350 degree oven for one hour. Serve hot or cold.

HOT FUDGE PUDDING

1 cup flour
2 Tbsp melted shortening
2 tsp baking powder
1 cup brown sugar
 $\frac{1}{4}$ tsp salt
 $\frac{1}{4}$ cup cocoa
2 Tbsp cocoa
1 $\frac{3}{4}$ cups hot water
 $\frac{1}{2}$ cup milk
 $\frac{3}{4}$ cup sugar

Mix flour, baking powder, salt, sugar, and 2 Tablespoons of cocoa together. Stir in milk and shortening. Spread in a 9x9" pan. Sprinkle with brown sugar and $\frac{1}{4}$ cup cocoa. Pour hot water over all. Bake 45 minutes at 350.

KRIS'S RICE PUDDING

$\frac{3}{4}$ cup cooked rice (drained)
2 cup milk
2 eggs
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ tsp nutmeg
 $\frac{1}{2}$ tsp salt

Put all ingredients in an ungreased casserole dish, Bake in a 325 degree oven for 55 minutes, or until the knife inserted in the center comes out clean.

RICE PUDDING

1 cup of white rice
 $\frac{1}{2}$ gallon of milk

Combine the rice and the sugar in a double boiler and cover with milk. Keep the double boiler cooking and continue to cover with milk checking it every $\frac{1}{2}$ hour. Cook 5 hours until tender. Sprinkle with cinnamon and raisins (or your favorite topping).

MARLENE'S BREAD PUDDING

6 eggs
1 quart milk
1 tsp vanilla
 $\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ tsp ground nutmeg
12 regular size slices egg bread, diced
Cherries, raisins or other fruit (optional)
Ground cinnamon (optional)
Flake coconut (optional)

Beat eggs. Beat in milk, vanilla, sugar and nutmeg. Mix in bread cubes. Turn into greased 2-quart baking dish. Add cherries, raisins or other fruit. (if desired). Sprinkle with cinnamon and coconut, if desired. Bake at 325 degrees for 45 minutes until set.

JULIE'S HOME MADE STRAWBERRY SHORTCAKE DELIGHT

2 $\frac{1}{2}$ cups flour
4 tsp. baking powder
1 $\frac{1}{2}$ tsp. sugar
 $\frac{1}{2}$ tsp. salt
3 Tbsp. shortening
1 egg
1 cup milk

Sift together dry ingredients, then work in shortening until flaky. Add beaten egg and milk to make the dough very soft. Divide the dough and press out smooth in greased cake pans. Bake at 425 degrees for 15 to 20 minutes. After cooking top with sweetened strawberries and whip cream (if desired).

JACKIE'S FRESH PEACH COBBLER

1 $\frac{1}{4}$ cups flour
1 cup sugar
 $\frac{1}{2}$ cup light brown sugar
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{2}$ cup butter or margarine
4 cups sliced fresh peaches
1 tbsp. lemon juice
1 tsp. lemon peel

Combine

1 cup flour,
 $\frac{1}{2}$ cup sugar
salt and cinnamon

Cut in butter until coarse. Combine peaches, lemon juice, lemon peel, $\frac{1}{2}$ cup sugar and $\frac{1}{4}$ cup flour. Spoon into a greased 9x9 dish. Sprinkle flour mixture over peaches. Bake covered for 15 minutes in 350 degree oven. Remove cover and bake 35 to 45 min. longer.

SHANNA'S APPLE DELIGHT

$\frac{2}{3}$ cup flour
3 tsp baking powder
 $\frac{1}{2}$ tsp salt
2 eggs
1 cup granulated sugar
 $\frac{1}{2}$ c. brown sugar
3 tsp vanilla or rum or bourbon
3 cups diced apples

Beat eggs, add sugar and vanilla and beat well. Add dry ingredients and mix. Pour in apples and stir until evenly distributed. Pour into a deep baking dish. Bake 45 minutes at 350. Serve warm.

RENEE'S CHERRY CRISP

1 box white cake mix
1 stick of margarine
½ cup chopped walnuts
1 can cherry pie filling
2 Tbsp lemon juice
1 teas almond flavoring

Mix cherries, lemon juice and almond flavoring; pour into a 9x9 pan. Melt margarine; mix with dry cake mix and walnuts. Sprinkle over cherries, bake at 350 for about 30 minutes until slightly brown on top.

CANDY

BUTTERMILK FUDGE

3 cups sugar
1 ½ cups fresh buttermilk
½ cup butter or margarine
1 tsp. baking soda

Mix baking soda in buttermilk and let stand for 3 minutes. Cook all ingredients to a soft ball stage. After it's cooled beat until creamy. You can add coconut or nuts or your favorite topping to the fudge.

MINDY'S HEALTHY NO BAKE RAISIN & ALMOND CANDY

1 large Tbsp. honey
2 big tsp. lecithin granules
2 big tsp. almond meal
2 big tsp. toasted wheat germ
2 big tsp. sunflower meal
1 Tbsp. seedless raisins

Place honey in large cup. Add lecithin granules, wheat germ, sunflower meal and almond meal. Blend in a cup till it forms a ball. Add raisins and mix very well. Press in a plate until flat. Put in the refrigerator until cold, then cut and enjoy.

PEANUT BUTTER DATE CHEWS

Pitted dates
Peanut butter
Almonds or pecans
Shredded coconut

Flatten each date with a fork then spread some peanut butter on top of it. Place an almond or pecan in the center. Cover with another flattened date. Roll dates in coconut, then chill. Repeat for desired amount of chews.

OLD FASHIONED PEANUT BRITTLE

1 cup water
1 cup white sugar
1 tsp. vanilla
¼ tsp. salt
3 cups white sugar
1 package raw Spanish peanuts
2 Tbsp. butter or margarine
1 Tbsp. soda

Cook water, syrup and sugar to 270 degrees. Add the raw peanuts and cook to 315 degrees. Stir constantly so peanuts won't burn. Remove from heat and add the vanilla and butter. Stir until the butter is melted then add the salt and soda. Stir briskly until peak of foaming is reached, then pour quickly into large buttered pans. Let cool. Break into the desired sized pieces

DIVINITY CANDY

2 ½ white sugar
½ cup white corn syrup
½ cup cold water
2 egg whites
1 cup nuts (if desired)
1 tsp. vanilla

Cook sugar, corn syrup and water to 250 degrees. Pour over stiffly beaten egg whites. Cook rest of syrup to 263 degrees. Pour into the egg mixture. Add vanilla. Beat until it starts to lose gloss. Add nuts then drop by teaspoons onto waxed paper.

EASY RECIPES THE KIDS CAN HELP WITH

HOLLY'S FAMOUS PIZZA PUPPY DOG SANDWICHES

Bread
Pizza sauce
Pepperoni slices into thick pieces
Shredded Cheese

Toast bread. Spread pizza sauce over toast. Sprinkle with shredded cheese and add pepperoni slices on top. Bake in a toaster oven until cheese melts.

Other toppings. May also use sausage, hamburger, mushrooms and any favorite pizza topping.

DYLAN'S GELATIN FINGER CUBES

(This snack is great for small kids to eat with their fingers)

4 packages Knox gelatin (1 box of 4 packs)
2 (3oz.) packages of flavored gelatin
4 cups boiling water

Mix ingredients and stir well. Pour into a 10 x 13 baking dish and refrigerate till solid. Cut into small squares. Gelatin cubes can be eaten without mess. They don't melt like regular gelatin does.

HOLLY'S SPECTACULAR SPAGHETTI DINNER

Brown 1 lb. ground beef. Drain and stir in 1 jar of your favorite spaghetti sauce. Mix well and cook on low heat until hot. Cover and simmer until spaghetti is done.

Prepare spaghetti following the directions on the box. Drain. Use 1 Tbsp. butter to stir into spaghetti to keep it from sticking together.

If you have garlic bread, bake in oven while cooking the hamburger and spaghetti. If you don't have garlic bread a great alternative is garlic toast and the kids can help you make it. Simply toast the bread, butter it and sprinkle lightly with garlic powder. If you like you can use a toaster oven.

TARA'S APRICOT BALLS

1 cup dried apricots
1/2 cup nut meats
1/2 lb. shredded coconut
4 Tbsp. lemon juice

Using a food processor, mix apricots, nut meats and coconut. Add lemon juice, shape into balls and roll in grated nuts. refrigerate.

RUSTY'S MICROWAVE FAST BAKED POTATOES

Wash potatoes carefully and prick each potato through with a fork a couple of times. Put the potatoes in the microwave oven. If you cook more than one, place them in a circle about an inch apart and don't put any in the middle. Cooking time is as follows:

1 potato 5 minutes
2 potatoes 8 minutes
3 potatoes 10 minutes
4 potatoes 12 minutes

Let the potatoes stand for 5 minutes after cooking time to allow even distribution of heat. Top with your favorite topping like cheese, sour cream, chives, bacon bits etc.

HOLLY'S PEANUT BUTTER-BANANA SANDWICHES

4 slices raisin bread
1 banana
Peanut butter

Toast raisin bread in toaster. Use a table knife to spread peanut butter on one piece of toast. Peel banana. Cut in half then cut lengthwise to make 4 even pieces. Put two pieces of banana on one side of the peanut butter toast. Top with a piece slice of raisin toast. Repeat to make another sandwich. If desired cut sandwiches diagonally.

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ABOUT THE AUTHOR

Marilynn Mansfield loves to write. Since she was old enough to remember, she has been putting pen to paper and coming up with stories from her heart. She likes to let her imagination go as she creates stories about romance and futuristic worlds where her imagination has free reign.

Check out another of Marilyn's books *A Change of Destiny* (a futuristic time travel romance) also from DiskUs Publishing.

One of her hobbies is cooking so look for more cookbooks from her in the future.